

Day 2 Gym Session: Improve Your PRT Score

1. Purpose. To introduce CFLs/ACFLs to several endurance and strength training variables geared at improving performance on the Navy PRT.

2. Endurance Training Variables for 1.5 Mile Run (Enclosure 1):

- a. Line Drills (Lateral Shuffle / Carioca / High Knees / Bounding / Broad Jump) - X1
- b. NOFFS Linear Accelerations (40 Yards) - X1
- c. Suicides (40 Yards) - X1
- d. 300 Yard Shuttle -X1
- e. NOFFS 6-Cone Drill (10 Yards x 10 Yards) - X2
- f. T-Test - X2

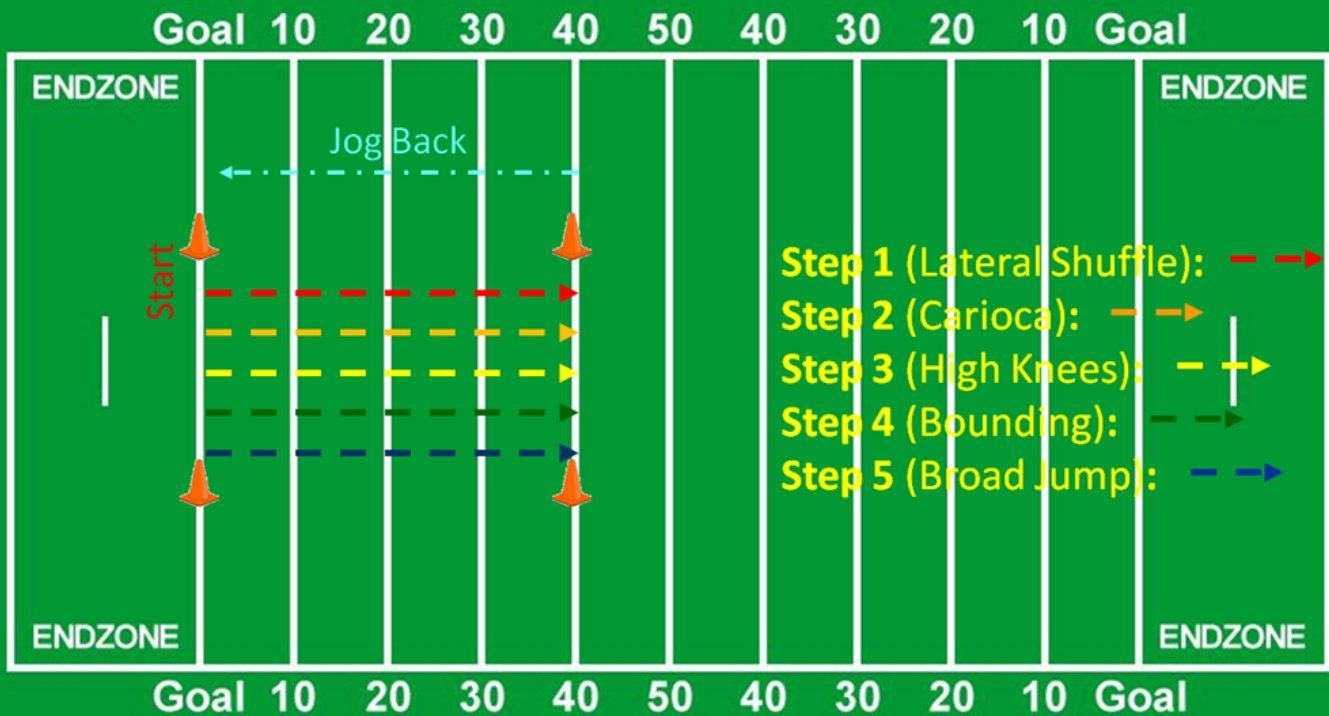
3. Strength Training Variables for Push-Ups (Enclosure 2):

- a. Push-Up Progression
- b. Wide Stance Push-Ups
- c. Narrow Stance Push-Ups
- d. Decline Push-Ups
- e. Altered Stance Push-Ups
- f. Negative (3 Count) Push-Ups
- g. Isometric Push-Ups
- h. Push-Up Circle

4. Strength Training Variables for Curl-Ups (Enclosure 3):

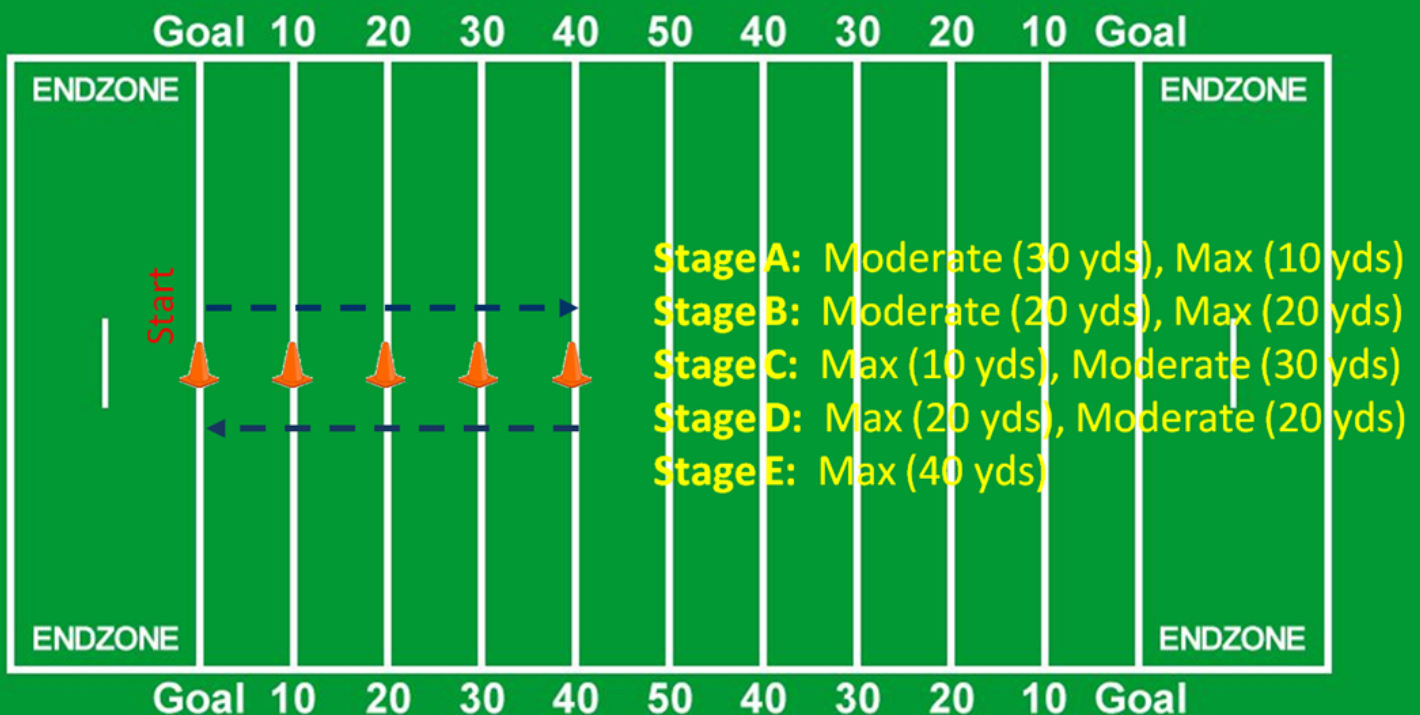
- a. Crunches
- b. Glute Bridge
- c. Glute Marching
- d. Alternating Leg Raise
- e. Plank
- f. Side Plank
- g. Oblique Twist
- h. Bicycles

Line Drills



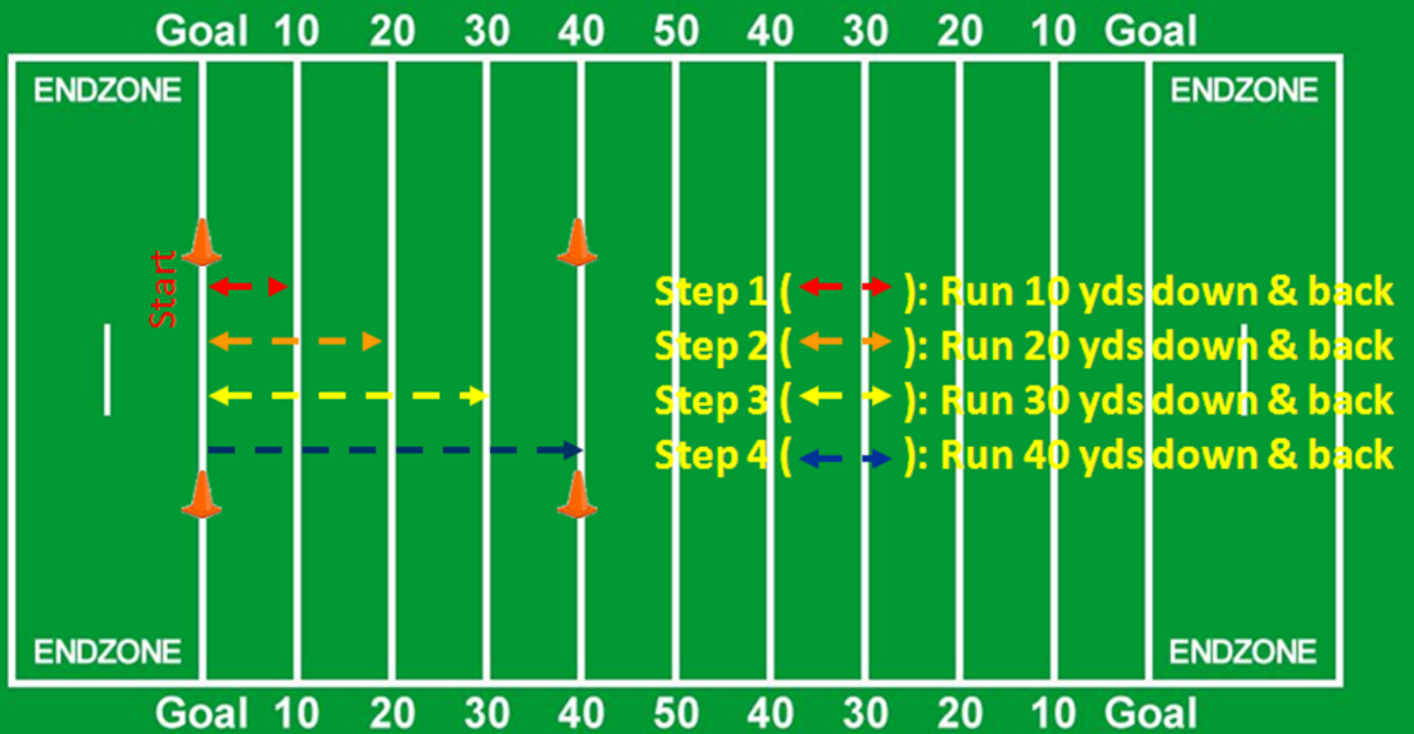
Run each series, rest 3-5 minutes and repeat

NOFFS Linear Accelerations



Run for 2 minutes, rest for 1 min, then repeat 3-7 times

Suicides



Run one cycle, rest 3-5 minutes, then repeat 3-5 times

300 yd Shuttle



Run one cycle, rest 3-5 minutes, and repeat

NOFFS 6-Cone Drill

Goal

10

ENDZONE

Pattern 1: 

- Back Peddle: 

Pattern 2: 

- Lateral Shuffle: 

Start

5 yds

ENDZONE

Goal

10

Run pattern, jog back to start, repeat 2-7 times

T-Test

Goal

10

ENDZONE

Step 1 (Sprint): 

Step 2 (Lateral Shuffle): 

Step 3 (Lateral Shuffle): 

Step 4 (Lateral Shuffle): 

Step 5 (Back Peddle): 

Start

5 yds

ENDZONE

Goal

10

Repeat 2 times

Enclosure 2 (Strength Training Variables for Push-Ups)

1. **Push-Up Progression:** Have students gradually progress from the wall, desk, on knee, to floor.
2. **Wide Stance Push-Up:** Discuss how this uses more of the chest muscles and it is usually the preference position of individuals with long arms.
3. **Narrow Stance Push-Up:** Discuss how this exercise targets more of the triceps.
4. **Decline Push-Up** (on bench or theraball).
5. **Altered Stance Push-Up:** Describe how this is a functional push-up-when we fall, we don't carefully put our hands under our shoulders to push us away from the ground. This exercise is a good exercise for Sailors going on IA deployments. Also, since the hands are not directly below the shoulders, it alters the mechanical advantage of the arms and makes it more difficult.
6. **Negative (3 Count Down) Push-Up:** Discuss how this exercise is more effective for strength gains because the muscle is working eccentrically.
7. **Isometric Hold Push-Up** (hold in the down position): Explain you are fatiguing the muscles at the end of a set of exercises by using an isometric hold.
8. **Push-Up Circle:** Explain how this exercise improves shoulder stability and core strength by performing numerous push-ups in a "dynamic motion"-going from one push up to another.

Enclosure 3 (Strength Training Variables for Curl-Ups)

1. **Basic Crunch:** Lie face up with knees bent and hands across chest. Lift chest up until shoulder blades are off the deck. Slowly return to starting position.
2. **Glute Bridge:** Have the students lie flat on the back with knees bent and feet directly under the knees. Lift hips to create a line through knees, hips and shoulders. Keep back flat and torso engaged throughout movement.
3. **Glute Marching:** Have the students lie flat on the back with knees bent and feet directly under the knees. Lift hips to create a line from knees, hips and shoulders. Lift one knee towards the chest and hold for 2 seconds. Repeat on opposite side.
4. **Alternating Leg Raise:** Have the students lie flat on their back with one leg straight and on the deck and the other straight and perpendicular with the deck. Slowly lower the raised leg down until they feel their pelvis about to move. Tell them to keep their torso engaged and back flat. Return to starting position and repeat on opposite side.
5. **Basic Plank:** Explain to students how this will help with core strength and shoulder stability and will prevent “sagging back” or the need to stretch out the back by sticking their buttocks in the air during push-ups.
6. **Side Plank** (beginner on knees): Show students how they can stagger leg stance to help with balance.
7. **Oblique Twist:** Start in a seated position on the deck (knees bent). Lean back slightly engaging your abs. Next join your hands together keeping your arms close to your body and rotate side to side. There are a few ways you can modify this exercise. You can bring your feet up off the floor, lean back a little farther (but not too far), or add a medicine ball.
8. **Bicycle:** Explain how this is one of the most effective exercises to work the entire abdominals to include the obliques.